



# GOAT PREGNANCY

*A Natural Guide for Everyday Goat Owners*

## UNDERSTANDING GOAT PREGNANCY

Pregnancy in goats is a deeply transformative time that affects her emotionally, physically, energetically and socially within the herd. A pregnant doe needs not just nutrition, but comfort, calmness, safety and gentle support. From conception to birth, a naturopathic approach focuses on supporting her natural physiology and emotional wellbeing.

## GESTATION

The average gestation for goats is approximately **150 days (5 months)**.

It's important to remember that each doe is individual, however, early births of 3 or more days invariably mean the doe is not 100%. This can be due to trauma or emotional stress. Late births however, are considered normal.

Just like humans, a doe's pregnancy is divided into three trimesters, each marking a key stage of kid development and maternal change:

- **First Trimester (Days 0-50):** Early development and implantation.
- **Second Trimester (Days 51-100):** Steady growth and increasing nutritional needs.
- **Third Trimester (Days 101-150):** Rapid kid growth, udder development and preparation for birth.

Understanding these stages helps you tailor the does nutrition, environment, and care to best support both her health and the developing kids throughout the entire pregnancy.

## UNDERSTANDING GOAT PREGNANCY

Pregnant goats are sensitive to stress, temperature changes, herd dynamics and hygiene. The environment in which they live will directly affect their physical health, emotional wellbeing, the kids development and ease of birthing.

- Provide a dry, draft free, well ventilated shelter to offer protection from the elements.
- Ensure the doe has enough room to move freely and is safely separated from aggressive herd mates.
- Rotate grazing areas to reduce parasite load and prevent overgrazing.
- Avoid chemicals, pesticides and worming as many are not safe in pregnancy.
- Use pasture management, supplementary support and good hygiene to reduce parasite risk.  
(Avoid using antiparasitic herbs during pregnancy).

## NATUROPATHIC DIETARY SUPPORT

Nutrition during pregnancy is about **balance, not excess**. A naturopathic approach supports the whole goat, focusing on digestion, mineral balance, immunity, stress reduction and gentle preparation for birth.

- Allow access to high-quality, diverse forage such as grass hay (for gentle fibre and rumen health) and small amounts of lucerne (provides calcium, protein and supports milk development) but don't feed in excess.
- Support the rumen with small amounts of chia, flax or sunflower seeds for healthy udder tissue.
- Avoid overfeeding grains as an excess can weaken rumen function, in turn lowering milk quality.

## EARLY TO MID PREGNANCY (CONCEPTION - ~75 DAYS)

This period is all about building foundational health, not adding extra calories. This stage should focus on strengthening the rumen with diverse natural forage, supporting mineral stores for fetal development and gently nourishing with rosehip powder, spirulina and brewers yeast.

Hydration, calm environment and emotional stability are equally as important, as stress can affect mineral absorption and milk production. Feeding should be supportive, varied and natural.

## LATE PREGNANCY (DAY 75 - ~150)

Nutrient demands increase drastically to support fetal growth, colostrum formation and udder development. Increase the doe's feed so she is receiving the same as the milkers by the time she kids. Minerals such as calcium, selenium, magnesium, iodine and vitamin E are essential in preventing toxemia, milk fever, weak kids, as well as supporting milk production.

These minerals can be sourced from seaweed meal, kelp powder and zinc or copper supplements. Apple cider vinegar can aide in preventing any irregularities from occurring when fed throughout the does pregnancy (feed one cup to every 20 goats added to hard feed in addition to water).

## GREENPET PRODUCT RECOMMENDATIONS

### **NATRAKELP LIQUID SEAWEED**

Supplies iodine, calcium, magnesium, selenium, zinc and copper for tissue and immune development.

### **FLOWER ESSENCES**

Supports nervous system & balance stress.

### **SYNBIOTIC 180-S PROBIOTIC or BIOEQUUS SYNBIOTIC**

Helps nutrient absorption, rumen flora and protein digestion.

### **GREENPET EQUIMIN LIVESTOCK SUPPLEMENT**

Natural trace minerals and vitamins for overall health and wellbeing.

### **BREWERS YEAST, ROSEHIPS & SPIRULINA**

Supports iron, B vitamins, omega-3, antioxidants and improves coat and immune health.

**RASPBERRY LEAF tea** is a great addition in late stages of pregnancy. The dried herb can be fed straight or added to feed.





## USE OF HERBS IN PREGNANT DOES

Pregnant does are incredibly sensitive to herbs, so using mild and safe botanicals is essential. Herbs should not be used during a does pregnancy to 'treat' symptoms, instead, aim to support the internal environment to allow mum and kids to flourish.

## SAFE HERBS FOR PREGNANT DOES

- **Raspberry Leaf** (*late pregnancy only*) - supports uterine tone. Use only in the final two weeks of pregnancy.
- **Nettle Leaf** - rich in iron, vitamin K, calcium and chlorophyll; nettle supports milk production and overall nutrition.
- **Alfalfa** - high in protein, calcium and micronutrients. Supports growing kids and overall nourishment.
- **Calendula** - offers gentle lymphatic support.
- **Chamomile** - eases stress and offers support gastrointestinal support.
- **Rosehip** - rich in vitamin C and antioxidants.
- **Marshmallow Root** - provides digestive comfort.
- **Slippery Elm** - provides support to the gut lining and digestive support.

## GENERAL GUIDANCE AROUND HERBS FOR PREGNANT DOES

Only use herbs as nutritional support during the does pregnancy, with the goal of gentle nourishment instead of therapeutic action. Introduce all herbs slowly and keep herbal blends simple. Avoid all essential oils internally.

If in doubt, seek a natural pet health care professional for guidance in whether the herb is suitable for the doe.

The information in this guide is intended for general educational purposes and reflects our experience supporting animal health using natural diet, lifestyle, and holistic care principles. It is not a substitute for professional veterinary advice, diagnosis, or treatment.

This guide is designed to support overall wellbeing during pregnancy and is not intended to treat, cure, or prevent any disease or medical condition. Every animal is an individual, and pregnancy can present unique health considerations. Always seek veterinary guidance if you have concerns about your animal's health, fertility, or pregnancy progression.

Do not discontinue any prescribed medications without veterinary supervision, as some medications may require gradual adjustment.  
For any complications or emergencies during pregnancy, please contact your veterinarian promptly.